

## AQUATIC CENTRE

UNIVERSITY OF CALGARY  
**AQUATICS**

**Visit**  
[www.ucalgary.ca/aquatics](http://www.ucalgary.ca/aquatics)  
For:

- Swimming, diving, kayaking and holiday schedules
- Swimming lessons for infants, children and teens
- Deep water running & fitness classes
- Swim Instructor, lifeguarding and SCUBA training
- Birthday parties

Please check-in at the Client Services desk with a valid ID card or Day Pass prior to accessing the Aquatic Centre

## AQUATIC CENTRE

UNIVERSITY OF CALGARY  
**AQUATICS**

### KAYAKING

Reserve a Kayak at  
[www.calgaryoutdoorcentre.ca](http://www.calgaryoutdoorcentre.ca)  
or call 403-220-5038

A stamp must be obtained from Client Services and presented to the lifeguard on deck. Participants must be **14 years & older** and be able to perform a **Braced Entry and Wet Exit prior to attending.**

Maximum of 21 kayaks available.

### GYMNASIUM SCHEDULES

Please contact Client Services at  
403-220-5029  
for information on drop in gym schedules.

*All gymnasium users must have a wristband or day pass to use the facility.*

[www.ucalgaryrecreation.ca](http://www.ucalgaryrecreation.ca)

## FITNESS CENTRE

Reception Area.....403-220-5185  
Must be 17 years or older to access the Fitness Centre.

- Mon - Thurs.....6:00AM-10:30PM
- Fri.....6:00AM-9:30PM
- Sat & Sun.....8:00AM-8:30PM

### HOLIDAYS

- January 1.....CLOSED
- February 15.....10:00AM - 5:30PM
- April 2.....CLOSED
- April 4.....8:00AM-8:30PM

**Fitness Classes**  
Register for Fitness Classes at  
[www.ucalgaryrecreation.ca](http://www.ucalgaryrecreation.ca)  
Call 403-220-7749 for more information.

### BUILDING HOURS

**January 1 - April 30, 2010**

- Mon - Fri.....6:00AM-11:00PM
- Sat. & Sun. ....8:00AM-9:00PM

### Stat Holiday Hours

- January 1.....CLOSED
- February 15.....10:00AM-6:00PM
- April 2.....CLOSED
- April 4.....8:00AM-9:00PM

All facilities close one 1/2 hour before the building

## HEALTH RECREATION CENTRE

UNIVERSITY OF CALGARY

# open recreation SCHEDULE

### Winter 2010

**January 1 - April 30**  
Fitness Centre  
Outdoor Centre  
Gymnastics Centre  
Racquet Centre  
Aquatic Centre  
Olympic Oval  
& More



**403-220-6942**  
[www.ucalgaryrecreation.ca](http://www.ucalgaryrecreation.ca)

## Kinesiology Client Services

KNA104

### Campus Recreation

- Information.....403-220-7749
- Mon - Fri.....8:30AM-5:00PM
- Sat, Sun & Holidays.....CLOSED
- Registration Line  
(Mon-Fri.....8:30AM-4:30PM).....403-220-7749

Contact us for Membership Information

### Client Services

- Information.....403-220-5029
- 24 Hour Open Rec Line.....403-220-6942

**January 1 - April 30, 2010**

- Mon - Fri.....6:00AM-11:00PM
- Sat. & Sun. ....8:00AM-9:00PM

### Stat Holiday Hours

- January 1.....CLOSED
- February 15.....10:00AM-6:00PM
- April 2.....CLOSED
- April 4.....8:00AM-9:00PM

\*\*Hours may change due to academic scheduling or events.

### Day Passes

Adult.....\$10.00  
Youth 13 to 16 yrs & Senior.....\$7.00  
Children 4 to 12 yrs.....\$4.20  
3 yrs and under.....Free

\* Pick up your wristband to access the pool and open gym times. Take your ID card to all other facilities..

## RACQUET CENTRE

### Court Bookings & Cancellations

403-220-5029  
[www.ucalgaryrecreation.ca/racquets](http://www.ucalgaryrecreation.ca/racquets)

- All players must check-in at the Client Services desk with a valid ID card or Day Pass prior to accessing the Racquet Centre courts.
- Merchandise and rentals available at Client Services

### Squash / Racquetball Hours

**January 1 - April 30, 2010**

- Mon - Thurs.....8:00AM-10:30PM
- Fri.....8:00AM-9:30PM
- Sat/Sun.....8:30AM - 8:30PM

### Holidays

- January 1.....CLOSED
- February 15.....10:00AM-5:30PM
- April 2.....CLOSED
- April 4.....8:30AM-8:30PM

### Badminton Hours

**January 11 - April 15, 2010**

- Mon & Wed - Red Gym.....12:00PM-12:45PM
- Tues & Thurs - Gold Gym.....5:30PM-6:30PM
- \* Except February 15  
Red Gym - 10 courts Gold Gym - 6 courts

**Badminton Schedule Updates.....403-220-5029**  
Schedule is subject to change. Please contact Client Services at 403-220-5029 for schedule updates and gym availability.

## OUTDOOR CENTRE

- Outdoor Equipment Rentals.....403-220-5038**
- Fri-Mon.....8:00AM-8:00PM
- Tues-Thurs.....8:00AM-6:00PM
- Holidays - Call 403-220-5038 for holiday hours.
- CLOSED January 1, February 15, April 2, April 4

- Climbing Room Information.....403-220-5038**
- All Climbers must go through a short orientation, display technical skills and sign a waiver. Climbers under 18 years must have signed parental permission and under 14 must have direct adult supervision.

- Climbing Room Booking.....403-220-5038**  
(or on-line at [www.calgaryoutdoorcentre.ca/climbing](http://www.calgaryoutdoorcentre.ca/climbing))
- Mon/Wed/Fri.....8:00AM-10:00PM
- Tues/Thurs.....8:00AM-7:30PM
- Sat.....2:00PM-5:00PM
- Sun.....8:00AM-5:00PM
- Holidays - Call 403-220-5038 for holiday hours.
- CLOSED January 1, February 15, April 2, April 4

- Basement Bouldering Area.....403-220-5038**  
(No orientation required. Required to check-in at Client Services for wristband and/or day pass.)
- Mon - Fri.....6:00AM-10:30PM
- Sat. & Sun. ....8:00AM-7:00PM
- Stat Holidays: .....10:00AM-5:30PM

[www.calgaryoutdoorcentre.ca](http://www.calgaryoutdoorcentre.ca)

## OLYMPIC OVAL



Public skating and running are available.  
Visit our website at:

[www.oval.ucalgary.ca](http://www.oval.ucalgary.ca)

or phone 403-220-7890  
for specific public session times  
and special events.

## GYMNASTICS CENTRE

- Gymnastic Information.....403-220-5559
- January 12 - April 29, 2010**

Supervised gym time on all apparatus. First time users must attend an orientation session scheduled at 8:15PM at the Gymnastics Centre, cost is \$2.00. Remember to pick up a wristband and / or day pass from Client Services or the Gymnastics Centre.

- Tues. & Thurs.....8:30PM-10:00PM